



### **Outdoor Chair Yoga**

When: Tuesdays, starting May 4th

Time: 11:00-12:00pm

Where: Pomfret Senior Center

(back of the building)

207 Mashamoquet Road

Pomfret, CT

It will run every Tuesday at this time unless you are notified. Please register with Cathy Smith at:

seniorcenter@teegonline.org or call TEEG  
860-923-3458, ext. 123

### ***Yoga is back at the Pomfret Center Center!!***

Classes will be held outdoors, sanitized chairs and mats will be provided

Meet your new instructor, Bonny Woodward. She is a certified and registered instructor with an education in Yoga teacher training, Lakshmi Voelker chair yoga, and deep relaxation, guided imagery and meditation for stress relief. You may know her from her time at (and still ongoing) One Yoga Center, RI, and Hale YMCA. We are so excited to have Bonny on board at the Senior Center!



### **Outdoor Traditional Yoga**

When: Wednesdays, starting May 5th

Time: 10:30-11:30am

Where: Pomfret Senior Center

(back of the building)

207 Mashamoquet Road

Pomfret, CT

It will run every Wednesday at this time unless you are notified. Please register with Cathy Smith at:

seniorcenter@teegonline.org or call TEEG  
860-923-3458, ext. 123



## **St. Joseph Thrift Shoppe**

17 Main Street, No. Grosvenordale, CT

### ***Annual Spring Bag Sale***

Fill a bag with winter clothing for a flat rate of \$3.00 per bag

(this is a clothing only sale!)

Mon. Tues. Wed. 10-4pm \* Thurs 12-5pm \* Fri 10-4pm \* Sat 10-12pm



## ***-FYI-***

The last day for oil delivery from the Connecticut Energy Assistance Program is May 20th for those who have applied. If you need any assistance, please call TEEG 860-923-3458



*Servicemaster Restore*

### **Focus on Family Presents:**

### **Hoarding (via Zoom)**

April 21, 2021

5:00-6:00pm

Hoarding is a psychological disorder marked by an obsessive desire to acquire a significant amount of possessions. This mental disorder affects tens of millions of American and ranges in intensity and type, and creates many health and safety concerns.

Join us to learn about this disorder and tips for interacting with hoarders

All that attend will receive a gift

Space is limited, registration is required

To register call TEEG 860-923-3458 or email [Thorvath@teegonline.org](mailto:Thorvath@teegonline.org)